

9

FACE & JAW TREATMENT



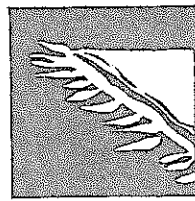
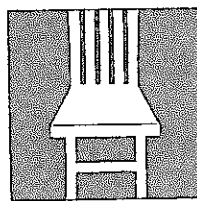
Diana J., thirty-one, suffered chronic jaw pain and tension for over seven years. It began as unconscious nighttime teeth grinding and eventually became a constant discomfort, often accompanied by headaches and neck pain. When Diana came to us, she had tried just about everything her dentist had to offer, but to no avail. By using Relaxercise, she quickly changed the muscular habit patterns responsible for her pain and gained the comfort and relief she had been wanting for so long.

Jaw and facial tension is a very common stress-related problem. The most easily recognized symptoms are unconscious grinding or clenching of the teeth, pain around the eyes, headaches, and neck pain. Recent evidence suggests that chronic jaw tension can even cause shoulder pain and lower back problems.

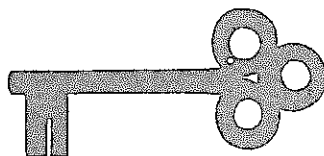
Jaw tension also makes your face appear tight and drawn and contributes to the development of unwanted lines and wrinkles. One of the most effective things you can do to ensure that your face stays youthful and attractive is to keep it relaxed and free of tension.

"Face and Jaw Treatment" will give you powerful and effective techniques for relaxing your jaw and facial muscles. It will dissolve habitual patterns of muscular tension and balance your facial muscle tone. As tension disappears, your face will look and feel relaxed and youthful.

FACE AND JAW TREATMENT



You will need a comfortable chair or seat, or an exercise mat or rug.



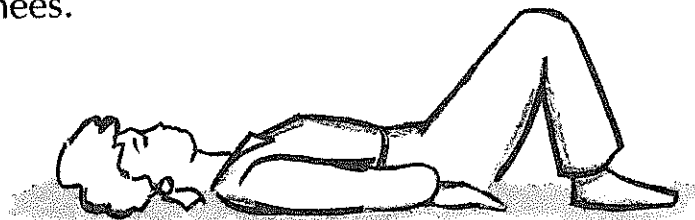
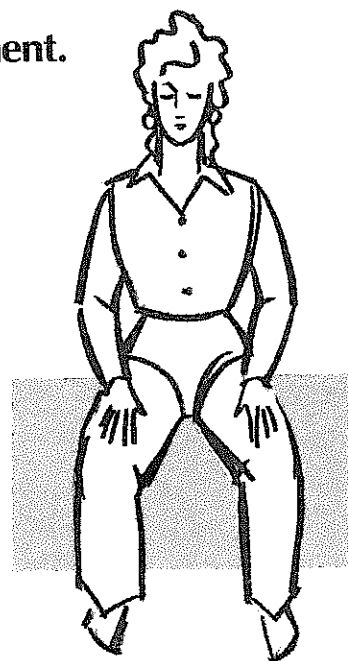
Use the Relaxercise Keys

- Go slowly.
- Make each movement small and easy.
- Relax as much as you can.
- Rest briefly after each movement.

STARTING POSITIONS

Seated Sit in a comfortable chair or seat. Rest your hands on your thighs. Rest your feet flat on the floor, shoulder width apart, directly below your knees.

Lying down Lie on your back and rest your arms by your sides. Either stretch out your legs, or bend your knees, and rest your feet flat on the floor, shoulder width apart, directly below your knees.



repeat each movement 4 to 8 times

1



Very slowly open and close your mouth a little bit.

- Relax your face, neck, throat, and tongue.
- When you open your mouth, does your lower jaw move straight down or does it veer slightly to the right or left?
- Notice that your head moves back slightly as you open your mouth.

2



Simultaneously, open your mouth while tilting your head back a little. Then slowly close your mouth and bring your head back to the starting position.

- Notice that tilting your head back helps your mouth to open more easily.
- To make this movement easier, relax your neck.

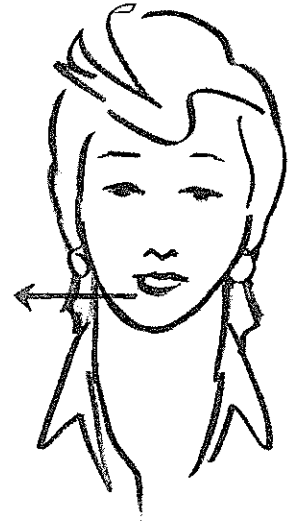
pause to rest after each movement

exhale with each movement

3

Open your mouth a little and keep it open. Slowly move your lower jaw to the right **very slightly**. Then let your jaw return to the middle, close your mouth, and rest.

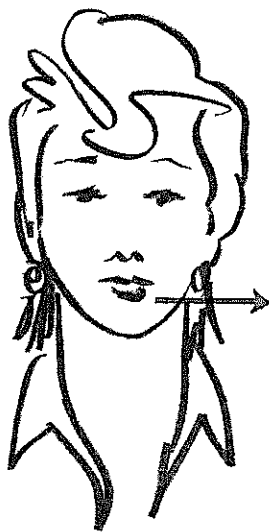
- Put your left forefinger on your chin so you can feel the movement of your lower jaw more clearly. Does your lower jaw move smoothly or does its movement seem rough and uneven at certain points?
- Go slowly and relax your jaw, so the movement can be smooth and easy.



And now, rest.

- Feel the right side of your mouth and jaw beginning to relax!

4



Open your mouth a little and keep it open. Slowly move your lower jaw **very slightly** to the left. Then let your jaw return to the middle, close your mouth, and rest.

- Put your left forefinger on your chin so you can feel the movement of your jaw more clearly.
- Does moving your jaw to the left feel different from moving it to the right?
- To make this movement smooth and comfortable, go slowly and move your jaw only a small amount.

relax your jaw, neck, and shoulders

make each movement relaxed and easy



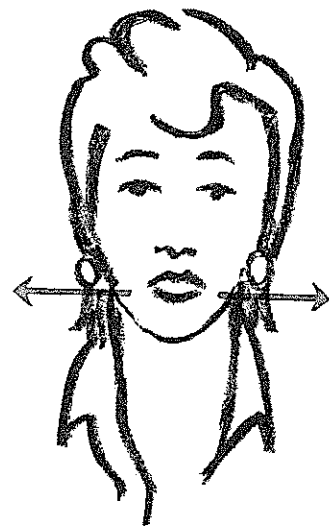
Rest for a moment.

- Feel your jaw, mouth, and entire face relaxing. As your jaw relaxes, headaches, neck, and shoulder pain often begin to disappear.

5

Open your mouth a little and keep it open. Alternately, slowly move your lower jaw to the left a little and then to the right a little. Move your lower jaw slowly from side to side.

- Use as **little** muscular effort as possible.
- Relax your eyes. Notice how they are moving from side to side slightly.
- Rest often so the muscles of your face and jaw do not get tired.



6



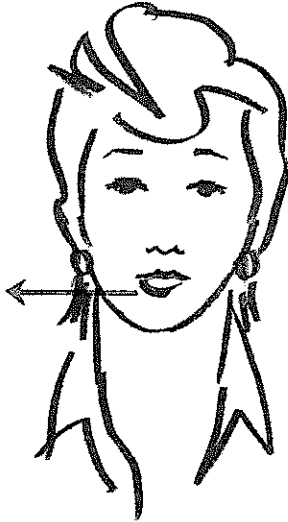
Open your mouth a little and keep it open. Slowly move your lower jaw forward a little so your lower teeth are slightly more forward than your upper teeth. Then let your jaw return to its normal position and rest.

- Put a finger on your chin so you can feel the movement more clearly. When your jaw moves forward, does it move straight forward, or does it veer slightly to the right or left?

go slowly and rest after each movement

repeat each movement 4 to 8 times

7



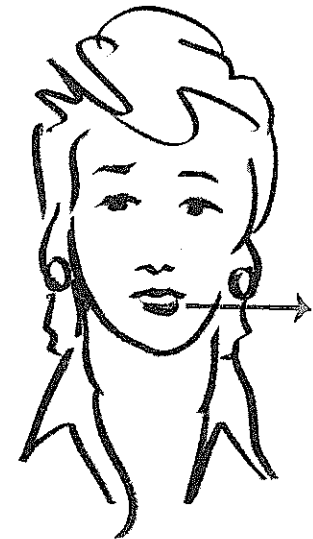
Open your mouth a little, move your lower jaw forward, and keep it there. Slowly move your jaw to the right a little. Then let your jaw return to the middle and rest.

- Relax your tongue and throat as much as possible.
- Breathe freely.

8

Open your mouth, move your lower jaw forward, and keep it there. Slowly move your lower jaw a little to the left. Then let your lower jaw return to the middle and rest.

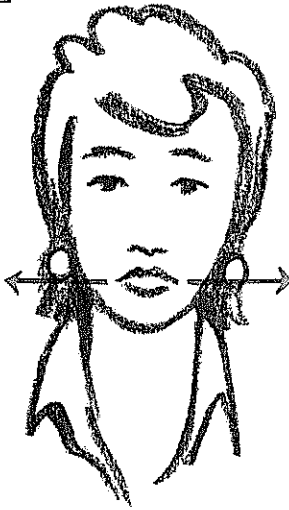
- Relax your arms, stomach, and legs.
- Does moving your jaw to the left feel different than moving it to the right?



make each movement slow, easy and comfortable

use as little effort as possible

9



Open your mouth a little, move your lower jaw forward, and keep it there. Then alternately, move your lower jaw slowly to the right a little and then to the left a little. Move your lower jaw from side to side, gently.

- Make this movement smooth and continuous.
- Relax your face and entire body as much as you can.
- Don't let your jaw get tired.



Rest for a moment.

- Feel the ease and relaxation in your face and neck.
- Notice how relaxed and comfortable your mouth and jaw feel.

Measure your improvement: Simply open and close your mouth a few times.

- Let gravity and the weight of your lower jaw open your mouth gently.
- Notice that when your mouth and jaw are closed and relaxed, there is a slight space between your upper and lower teeth.
- Notice how much more easily and comfortably your mouth can open now.

You have completed "**Face and Jaw Treatment.**" When you stand up and walk around, feel the relaxation in your face, jaw, and entire body.

Enjoy your improvement!